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To: Community Representatives

From: Janyce Hedetniemi, Director Office of Community Liaison

National Institutes of Health (NIH)

Date: November 2000

NOTES FROM THE DIRECTOR, OFFICE OF COMMUNITY LIAISON

or the first time ever, NIH was visited by members and staff of the Maryland General Assembly House Economic Matters Committee, House Education and Economic Development Subcommittee, and the Montgomery County Delegation! The site visit took place on October 3 and was initiated by the Montgomery County Office of Intergovernmental Relations whose staff, led by Director Ben Bialek, accompanied the delegates.

Our guests had a full schedule. We began with a visit to the Children's Inn, where Gil Brown, Children's Inn Executive Director, and Randy Schools of the NIH Recreation and Welfare Association, described the mission and programs of the Inn and the role of community volunteers in the Inn's success. We then boarded a Ride-On bus for a quick tour of the NIH campus and an opportunity for me to discuss the NIH Master Plan, the community's role in its design and implementation, and the physical evidence in new construction of its progress.

Lunchtime brought us to the Medical Board Room of the Clinical Center, where the delegates were greeted by Dr. Ruth Kirschstein, Acting Director, NIH, and John Gallin, Clinical Center Director. The delegates

then were briefed on the Human Genome Project by Barbara Fuller, Senior Policy Analyst with the National Human Genome Research Institute. They also had an opportunity to speak with Tony Itteilag, Deputy Director for Management, NIH, who discussed NIH's economic impact on the County and State. The visit ended with a presentation by Dr. Vivian Pinn, Associate Director for Research on Women's Health. It was a great afternoon for all of us at NIH, and we are hopeful that this first visit is indeed a first—of many more to come!



Ms. Hedetniemi tells delegates of NIH's progress.

The Community Liaison Council (CLC) will hold its next meeting on **Thursday**, **November 16**, at **4:00 p.m.** in the Natcher Conference Center, Building 45, Conference Room D on the NIH campus.

NIH CAMPUS NEWS AND ACTIVITIES

NIH Launches 10-Year Heart Disease Study

The National Heart, Lung, and Blood Institute (NHLBI) of NIH launched a 10-year study this fall to discover new methods of detecting heart disease before it produces symptoms. NIH scientists are hopeful that the knowledge gained from the study will provide doctors with the necessary tools to better predict heart disease—the leading cause of death of American men and women.

"The earlier the risk of heart disease can be detected, the sooner steps can be taken to prevent its development," said NHLBI Director Dr. Claude Lenfant. "This study may give us new and better indicators of heart disease risk." He explained that the study will try to determine which factors best predict heart disease in both men and women as well as in ethnic groups.

The \$68 million, multicenter Multi-Ethnic Study of Atherosclerosis (MESA) will recruit 6,500 healthy men and women of various ethnic backgrounds between the ages of 45 and 84. None of the participants will have known heart disease at the time of the study. Six centers around the country will participate in the study, including The Johns Hopkins University in Baltimore, Maryland.

Heart disease risk factors—many of which can be controlled—include high blood pressure, high blood cholesterol, smoking, diabetes, obesity, physical inactivity, age, and family history of early heart disease.

NHGRI Plans Second Consumer Day

The NIH National Human Genome Research Institute (NHGRI) is holding its second annual Consumer Day 2000 from 8:30 a.m. to 5:30 p.m. on Thursday, November 9 at NIH. Consumers are encouraged to learn how scientists are using the latest research in the sequencing of the human genome to better understand, diagnose, and treat disease. Presentations by NHGRI Director Dr. Francis Collins and Dr. Harold Freeman, Chairman of the

President's Cancer Panel, will be highlighted. Concurrent seminars on genetic testing and counseling, privacy of genetic information, pharmacogenomics, participating in research, genetic variation and disease genes, gene transfer, fair use of genetic information, and a consumer forum are featured. The day is rounded out by two tours of the NIH Intramural Sequencing Center, where participants will be introduced to the basics of DNA sequencing and can experience different phases of the sequencing process. Held in the Natcher Conference Center in Building 45 on the NIH campus, the day promises to answer the following questions:

- When I visit my doctor in 10 years, how will my medical care differ as a result of "genetic medicine"?
- How does an individual's genetic heritage influence his or her risk for becoming ill?
- Are heart disease, diabetes, cancer, and schizophrenia triggered by genes or by environment, e.g., diet and upbringing?
- Can I gain from the medical benefits that will come from genetics without giving up my privacy and other freedoms?
- What do the genetic tests that are available today reveal? Are they worthwhile?
- What is gene transfer and will it live up to its promise to cure disease?
- How will human genetics research help scientists design drugs that are more effective with less negative side effects?
- What resources will help the public evaluate all of the new information about genetics that is becoming available?

For more information or to register, call Abbe Smith at 301-897-7481 or visit http://www.nhgri.nih.gov/CONF/consumerday.html.

NIH Blood Bank Appeals for Donations

Due to the nationwide blood shortage, NIH urgently needs blood donations. The NIH Blood Bank currently needs O-positive blood types. Call 301-496-1048 or stop by the Department of Transfusion Medicine in Building 10, the Clinical Center, 1st floor, Room 1C713B.

NIH Announces the New Season of the Human Genome Lecture Series

The NIH has released the 2000–2001 schedule for the Human Genome Lecture Series, sponsored by the National Human Genome Research Institute (NHGRI). This year's season will provide the NIH and local biomedical community with upto-date information about the progress being made in the Human Genome Project. Lectures will be on Thursdays from 11:30 a.m. to 1 p.m. in the Lipsett Amphitheater in Building 10 on the NIH campus. Participants in the series may receive continuing medical education credit. For more information about the series, call 301-402-0911. The schedule is listed below:

November 16	Novel Cancer Types and
	Mechanisms Defined by Gene
	Expression Profiling
	by Louis Staudt, M.D., Ph.D.,
	National Cancer Institute

December 14 Hardwired Genomic Programming for Development by Eric Davidson, Ph.D., California Institute of Technology

January 18	Ethical Issues in Gene Transfer
	Research by Nancy King, J.D.,
	University of North Carolina

Chromosome 19 as an Example
of Genome Evolution by Elbert
Branscomb, Ph.D., Joint Genome
Institute

National Library of Medicine Offers Cyber History, Art Tours

Do you enjoy art and history, but never have time to visit the museums downtown? Well, if you have a computer, the National Library of Medicine (NLM) has made it easy for you to enjoy both. NLM has created two online "cyber-tours"—one of art objects located in or around NLM and another of historical medical sites in the Washington, D.C. area. The art object tour begins at http://www.nlm.nih.gov/exhibition/tour/tour.html. Upon starting

the tour, visitors to the site review a table of contents of two dozen thumbnail sketches of the art object and its title. Links from the art object provide more detail on the work of art, its creator, its location, and other interesting facts. Works such as President John F. Kennedy's bust and the



Double-Stranded Helix DNA Model are featured. The tour of area historical medical sites at http://www.nlm.nih.gov/hmd/medtour/intro.html helps illustrate this area's rich medical history. Developed by a retired medical librarian, the tour of 30 sites, many of which are still in existence today, visits places such as the Clara Barton National Historical Site in Glen Echo, Maryland and the Stabler-Leadbeater Apothecary Museum in Alexandria, Virginia. Maps indicating each site's current or past location are also available.

NIH Opens Pediatric Rheumatology Clinic

In late September, the NIH, in coordination with the National Institute of Arthritis and Muscuoloskeletal and Skin Diseases (NIAMS), opened NIH's first pediatric rheumatology clinic at the Clinical Center on the NIH campus in Bethesda, Maryland. Researchers said they are hopeful that the clinic will not only provide children with early and effective treatment of rheumatic diseases, but it will also allow them to gather much needed research data.

The new clinic offers children under 18 diagnosis, evaluation, and treatment for arthritis or other chronic rheumatic diseases. Serving as a specialty care facility, the clinic will also help train doctors in the subspecialty of pediatric rheumatology—an area of medicine that is greatly underserved. Medical professionals from NIH and private practice will staff the new clinic.

Pediatric rheumatologist Robert Lipnick, M.D., who will work at the new clinic, said "[The clinic] will provide a tremendous opportunity for training young physicians to diagnose and treat children

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with rheumatic diseases and for conducting innovative and unique research studies. It also offers children all over the country a chance to participate."

Rheumatic diseases can cause pain, stiffness, and swelling in joints and other supporting structures. Pediatric rheumatic diseases include juvenile rheumatoid arthritis, lupus, scleroderma, dermatomyositis, familial fever syndromes, and other chronic conditions.

NIH Faces & Phases of Life Series Continues

To help balance the increasing demands of work and family responsibilities, the NIH Work and Family Life Center, in conjunction with the Employee Assistance Program, offers assistance to NIH employees and to the public. The Faces & Phases of Life Seminar Series, which runs through June, offers free seminars to address issues such as stress, financial planning, and workplace change. Four seminars are typically offered each month on the NIH campus and feature a variety of topics. The seminars for November are listed below:

November 1, noon-1:30 p.m.

Relax Your Body, Calm Your Mind— Relaxation Techniques for Managing Stress Building 31, Room 6C6

Participants in this workshop will learn how their minds and bodies respond to stress, how to reduce and manage stress, and how to stay relaxed.

November 8, noon-2 p.m.

Understanding and Coping with Organizational Transition

Building 31, Room 6C6

Learn about the theoretical and practical aspects of organizational change. Topics for discussion include managing change in the workplace and the impact of change on the organization.

November 14, 11 a.m.-12:30 p.m.

Personal Budgeting

Building 31, Room 6C10

Learn how to track spending, manage debt, and use other strategies for saving money and developing financial goals.

November 30, noon-1:30 p.m.

Anger Management

Building 31, Room 6C6

Anger is a part of our everyday lives, from minor annoyances to big blow-ups. Sometimes, however, it can get in the way of our lives and relationships. This seminar will help participants better understand their anger and learn how to express it appropriately.

For more information about the program, to preregister for one of the seminars, or for reasonable accommodations, call 301-435-1619.

CALENDAR OF EVENTS

November 1 ...

2000–2001 Wednesday Afternoon Lecture Series: Insertional Mutagenesis in Zebrafish Nets Genes for Early Vertebrate Development by Nancy Hopkins, Ph.D., Massachusetts Institute of Technology, 3–4 p.m., Masur Auditorium, Building 10, NIH, free and open to the public. For more information, call Hilda Madine at 301-594-5595 or visit http://www1.od.nih.gov/wals/.

November 3

Benefit Dance for Special Love, *featuring music by Retrospect, light buffet, and silent auction,* 8 p.m.-midnight, Gaithersburg Holiday Inn, 2 Montgomery Village Ave., Gaithersburg, \$25. Tickets may be purchased at the R&W Activities Desk in Building 31, NIH. For more information, call Bob Bingaman at 301-829-2079.

November 5

FAES Chamber Music Series: *Thibaud String Trio*, 4 p.m., Masur Auditorium, Building 10, NIH, \$25 (\$10 for students/fellows). For more information or for tickets, call 301-496-7975 or visit http://www.faes.org/music.htm.

Foreign Movie Screening and Discussion: *The Ox*, Cinema Bethesda at NIH, 5:30 p.m., Lipsett Amphitheater, Building 10, NIH, \$12, open to public. For more information, call 301-365-3679.

November 8

2000–2001 Wednesday Afternoon Lecture Series:

Tn7: A Smarter Transposon by Nancy L. Craig, Ph.D., Howard Hughes Medical Institute and Johns Hopkins University School of Medicine, 3–4 p.m., Masur Auditorium, Building 10, NIH, free and open to the public. For more information, call Hilda Madine at 301-594-5595 or visit http://www1.od.nih.gov/wals/.

November 9

2000–2001 Behavioral and Social Sciences Coordinating Committee Seminar Series: *Population Trends and Family Planning in the Developing World* by Dr. Amy Tsui, Carolina Population Center, 9–10 a.m., Natcher Conference Center, Balcony A, Building 45, NIH, free and open to the public. For more information, call 301-496-7859.

November 15

2000-2001 Wednesday Afternoon Lecture Series: *Presenilins, Notch, and the Genesis and Treatment of Alzheimer's Disease* by Dennis Selkoe, M.D., Brigham and Women's Hospital and Harvard Medical School, 3–4 p.m., Masur Auditorium, Building 10, NIH, free and open to the public. For more information, call Hilda Madine at 301-594-5595 or visit http://www1.od.nih.gov/wals/.

Clinical Center Roundtable Program: *Diagnosis and Management of Lupus Nephritis* by Howard Austin, M.D., Panel Leader, National Institute of Diabetes and Digestive and Kidney Diseases, NIH, noon–1 p.m., Lipsett Amphitheater, Building 10, NIH, free and open to the public. CME credit is available. For more information, call 301-496-2563.

FAES Chamber Music Series: *Ysaye String Quartet* with *Regis Pasquier*, violin, and *Jean-Claude Pennetier*, piano, 4 p.m., Masur Auditorium, Building 10, NIH, \$25 (\$10 for students/fellows). For more information or for tickets, call 301-496-7975 or visit http://www.faes.org/music.htm.

Foreign Movie Screening and Discussion: *Beyond Silence,* Cinema Bethesda at NIH, 5:30 p.m., Lipsett Amphitheater, Building 10, NIH, \$12, open to public. For more information, call 301-365-3679.

NIH Neuroscience Seminar Series: Seeing, Touching, and Tasting: Molecular Genetics of Sensory Signaling by Charles Zucker, Ph.D., University of California, San Diego, noon, Lipsett Amphitheater, Building 10, NIH, free and open to the public. CME credit is available. For more information, call Dr. Story Landis at 301-435-2232.

NIH Director's Seminar Series: *DNA Mismatch Repair and Colon Cancers: From Crystal Structure to Mechanism* by Dr. Wei Yang, National Institute of Diabetes and Digestive and Kidney Diseases, NIH, noon, Building 1, Wilson Hall, NIH, free and open to the public. For more information, call 301-496-1921.

National Library of Medicine History of Medicine Seminar Series: *Preservation in Libraries and the Future of Medical History* by Dr. Edward T. Morman, 2–3:15 p.m., Building 38, Conference Room B, NIH, free and open to the public. For more information, call 301-402-8878.

2000–2001 Wednesday Afternoon Lecture Series: A Thorny Path to Memories: Dendritic Spines, Neurotrophins, and Their Role in Synaptic Plasticity by Tobias Bonhoeffer, Ph.D., Max-Planck Institut fuer Neurobiologie, 3–4 p.m., Masur Auditorium, Building 10, NIH, free and open to the public. For more information, call Hilda Madine at 301-594-5595 or visit http://www1.od.nih.gov/wals/.

OTHER NEWS AND ACTIVITIES OF INTEREST

Strathmore Hosts Museum Shop Around

Join the Strathmore Hall Arts Center at its 11th Annual Museum Shop Around November 9 through 12, and get a head start on all of your holiday shopping. For four days, shoppers will have the opportunity to purchase special gifts from more than a dozen Washington- and Baltimorearea museum shops—all under one roof! Some of the participating shops include the Audubon Naturalist Society, the Baltimore Zoo, the Corcoran Gallery of Art, the Freer Gallery of Art, the Library of Congress, the National Building Museum, Hillwood Museum and Gardens, Arthur M. Sackler Gallery, the Textile Museum, the Washington National Cathedral, and Strathmore's Gift Shop. Shopping hours are from noon to 8 p.m. on Thursday, November 9 and from 10 a.m. to 5 p.m. Friday through Sunday. Admission is \$6 and is tax deductible. Strathmore is located at 10701 Rockville Pike in North Bethesda, Maryland. For more information, call 301-530-0540.

Audubon Society Holds 31st Annual Holiday Fair

If you haven't started your holiday shopping, now's the time to take advantage of one of the area's premiere nature arts and crafts exhibitions—the 31st Annual Audubon Holiday Fair at Woodend mansion in Chevy Chase, Maryland. From December 1–3, 2000, this popular family fair showcases work from more than 100 juried artisans from across the country selling nature crafts and other items under heated, big-top tents on the scenic grounds of the Audubon Naturalist Society. In addition to nature arts and crafts, the fair also features the Audubon book and gift shop, gourmet

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food and beverages, birdseed, holiday greens and trees, and more. Children can participate in handson nature craft projects and listen to Scales 'n Tales. All proceeds support the Audubon's nonprofit environmental education and conservation programs.

The fair opens on Friday, December 1 with a benefit preview party and private sale from 7 to 10 p.m. For \$30 in advance or \$35 at the door, guests can enjoy gourmet desserts and live music. On December 2 and 3, fair hours are from 10 a.m. to 5 p.m. Admission is \$6 for adults, \$2 for children 2 to 12, and free for children under 2. Located at 8940 Jones Mill Road, the Audubon Naturalist Society will run free shuttle buses to and from Woodend, with stops at the Medical Center Red Line station and at North Chevy Chase Elementary School. For more information, call 301-652-9188.

Montgomery County Offers Free Firewood and Mulch

Haven't planted those spring bulbs yet? Looking to increase your firewood supply but not break your budget? Then Montgomery County Parks have a deal for you. They are offering residents free unseasoned firewood and mulch on Saturdays now through December 23, 2000. From 7 a.m. to 3 p.m., residents can load and haul as much firewood and/or mulch as they want from the Bonifant Road Landfill in the Aspen Hill area of Silver Spring, Maryland. The landfill is located at 1201 Bonifant Road, next to the National Capital Trolley Museum. For more information, call 301-384-0491.

Garden of Lights at Brookside

Once again, Brookside Gardens promises to provide visitors with the ultimate magical visual experience at its "Garden of Lights" display throughout the holiday season. From November 24 through January 7, 2001, Brookside Gardens will display hundreds of thousands of lights throughout its half-mile, walk-through display of twinkling flower lights. Visitors will be lead through a maze of plant-, animal-, and fountain-shaped art forms. Colorful roses, dripping wisteria, and other lighted "blooms" will glow around the entire family. Located at 1800 Glenallan Avenue in Wheaton.

Maryland, the lights display is open Thursday to Sunday between 5:30 and 9 p.m. The display will be closed December 24, 25, and 31. Admission is \$10 per car, and the last car is admitted at 8:30 p.m. No pedestrians will be admitted. For more information, call the Garden of Lights hotline at 301-962-1453.

National Symphony Orchestra Brings Music to Bethesda Library

This winter and spring, National Symphony Orchestra (NSO) docents will bring to life some of classical music's great composers. On the second Tuesday of the month through April of 2001 at 12:15 p.m., participants can learn what life was like for various classical composers while listening to some of their compositions at the Bethesda Regional Library. Music may be live or recorded. The program schedule is listed below. The library is located at 7400 Arlington Road in Bethesda, Maryland. For more information about the program, call Jo Bever at 301-925-7203. To reach the library, call 301-986-4300.

November 14	Johann Sebastian Bach
	(1685-1750) and Courtly Life
	by Tom Pease, NSO Docent

No program

December

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January 9	Ludwig Van Beethoven
	(1770–1827), with chamber music by
	Radford Schantz, NSO Docent,
	and a live chamber group

ebruary 13	Claude Debussy (1862–1918) & Gabriel Fauré (1845–1924), <i>Pelléas</i>
	et Mélisande by Jo Bever, NSO
	Docent

March 13	Robert Schumann (1810–1856),
	Composer of great piano and vocal
	work, a master of orchestration by
	Frederick J.O. Blachly, NSO
	Docent

April 10	Benjamin Britten (1913–1976),
	British music and the NSO British
	Festival in May at the Kennedy
	Center by Tom Pease, NSO Docent

Suburban Hospital Holds Free Community Health Seminars

Do you know the warning signs of stroke? Learn how prompt treatment and new clot-busting drugs can help mitigate the damaging effects of stroke. Steven Warach, M.D., part of the NIH–Suburban Hospital MRI program, will discuss the latest stroke technology and prevention strategies available to the community at one of Suburban Hospital's free community health seminars. This and many other topics listed below will be addressed throughout November. Preregistration is required for the seminars. For more information or to register, call 301-896-3939 between 8 a.m. and 8 p.m., Monday through Friday. Dates, times, locations, and topics for the community health seminars are as follows:

November 1, 7-8:30 p.m.

New Hope for Stroke!

Holiday Park Community Center 3950 Ferrara Drive, Wheaton, MD

November 9, 1 p.m.

Arthritis: Can Exercise Help?

Hebrew Home of Greater Washington Conservatory, Wasserman Building 6121 Montrose Road, Rockville, MD

November 14, 7:30-9 p.m.

Assisted Reproductive Technologies— High-Tech Therapy for Infertile Couples Suburban Hospital Auditorium 8600 Old Georgetown Road, Bethesda, MD

November 15, 1 p.m.

Breathe Easy (Allergies and Asthma)Friendship Heights Community Center
4433 South Park Avenue, Chevy Chase, MD

November 16, 1:15 p.m.

Common Urologic Problems*Holiday Park Community Center 3950 Ferrara Drive. Wheaton. MD

November 27, 1-2:30 p.m.

Why Joint Replacements are Totally Hip (Or Knee!)

Suburban Hospital Conference Center 8600 Old Georgetown Road, Bethesda, MD

November 30, 1 p.m.

Chronic Pain: What Are the Options?*
Rockville Senior Center
1150 Carnation Drive, Rockville, MD

TRY THIS WEB SITE: http://www.cancernet.nci.nih.gov/

Consumers can visit the award-winning
CancerNet Web site for reliable and accurate
information about cancer. A service of the
National Cancer Institute, the site offers consumers, health professionals, and patients an
easy-to-use format, directing them to the latest
information and research available on cancer.
Types of cancer, treatment information, clinical
trials, causes of cancer, support groups, resources,
and literature are all featured on the Web site.
Visitors to the site will also find information on
how to detect cancer, how to cope with cancer,
and information about PDQ—a physician data
query database that contains the latest cancer
information.

VOLUNTEER OPPORTUNITIES

Depression Study Subjects Needed

The Clinical Neuroendocrinology Branch at the National Institute of Mental Health is seeking people aged 18 to 65 with current or past depression to participate in an evaluation study at the NIH Clinical Center. Participants must be medically healthy, have not smoked within the past year, and be able to spend at least one night at the Clinical Center. Eligible volunteers will receive a physical evaluation, metabolic studies, and participate in studies for possible heart disease in depression. All participants will be paid. For more information, call 301-496-5831 or 301-496-1892 (voice mail #1 for Dr. June Cai).

^{*} To register for these classes, call 301-309-3050.

Free Wisdom Teeth Removal

The National Institute for Dental and Craniofacial Research is seeking volunteers for having their wisdom teeth removed for clinical studies evaluating new pain medications. Participants in the studies will have their wisdom teeth removed at no cost by board-certified oral surgeons using local anesthesia and intravenous sedation. Patients will be evaluated for participation in ongoing research studies. For more information, call Michael Burke at 301-594-1674.

Individuals with Jaw Pain or TMD Sought

The National Institute of Dental and Craniofacial Research seeks people between the ages of 18 and 65 with early onset or later stage Temporomandibular Disorders (TMD) for a study testing treatment medications against placebo. For more information, call 1-800-411-1222.

Women with Fibromyalgia Needed

Doctors at the National Institute of Dental and Craniofacial Research invite women aged 18 to 45 diagnosed with fibromyalgia to take part in a new study testing the benefits of exercise. There is no charge for participating. For more information, call 1-800-411-1222.

Teen Obesity Subjects Wanted

Parents: Is your teenager overweight? Overweight teens are at risk for developing serious medical conditions during their teen years and as adults. NIH doctors are enrolling teens, ages 12 to 17, in a research study of a new weight loss medication. The Food and Drug Administration has approved the drug Orlistat for use by overweight adults. There is no charge for study tests, exams, medication, and weight-control education. For more information, call 1-800-411-1222.

The OCL Update is available on our Web site at http://ocl.od.nih.gov/. If you would rather view this document online and not receive a printed version, please contact the OCL office at 301-496-3931 or send us an e-mail at jh69z@nih.gov. If you would like to list an upcoming event of interest to the local community, call Terry LaMotte at Palladian Partners, OCL support contractor, at 301-650-8660, or e-mail tlamotte@palladianpartners.com.

Office of Community Liaison

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